

“Being Grounded” Part 2

Mount of Olives | April 12, 2026 | Lamentations 3:19-26

Pastor John Steward

Prayer of the Day

Lord Jesus, Easter is over, but our celebration over what You have given us has not declined. Help us to hold on to Your promises in order to strengthen our faith, and guide us in wisdom as we progress through our world today. Continue Your transformative power in our lives, molding us more into the Christians You would have us be. In Jesus' name, Amen.

Scripture Reading

Lamentations 3:19-26

The thought of my affliction and my homelessness is wormwood and gall! My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul that seeks him. It is good that one should wait quietly for the salvation of the Lord.

Message Notes

Proverbs 14:12

There is a way that seems right to a person, but its end is the way to death.

Psalms 111:10

The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever.

Proverbs 3:5

Trust in the Lord with all your heart, and do not rely on your own insight.

Lamentations 3:22-24

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."

Study Questions – Read Lamentations 3:19-26

ICEBREAKER – Getting started:

1. Can you share a time when something difficult ended up strengthening your faith?
2. What helps you stay hopeful during challenging seasons?
3. When you hear the word “mercy,” what comes to mind?
4. Who is someone you trust deeply, and why?
5. What is one daily habit that helps you stay grounded?

Based on Lamentations 3:19-26, answer the following questions:

OBSERVATION – What does the text say?

1. As you read Lamentations 3:19-26, what comes to mind? What stands out? What is interesting to you and why?
2. In one sentence, how would you summarize this text?
3. What lesson or message do you think the author is trying to convey?

INTERPRETATION – What does the text mean?

1. What emotions does the writer express in verses 19–20?
2. What does the phrase “my soul is downcast within me” reveal about the writer’s inner state?
3. What changes in verse 21 that shifts the tone of the passage?
4. According to verse 22, why are we not consumed?
5. What does it mean that God’s mercies “never come to an end”?
6. How does verse 23 describe the nature of God’s faithfulness?
7. What does the writer mean by “The Lord is my portion” in verse 24?
8. How is hope connected to waiting in verses 24–25?
9. What does verse 25 teach about who God is good to?
10. Why is it “good to wait quietly for the salvation of the Lord” (verse 26)?

APPLICATION – How can you apply the text?

1. What is one hardship in your life right now where you need to remember God’s faithfulness?
2. How can you intentionally “call to mind” God’s promises this week (verse 21)?
3. What practical steps can you take to trust God more deeply as your “portion”?
4. In what ways can you practice waiting on the Lord instead of trying to control outcomes?
5. How can you remind yourself daily that God’s mercies are new every morning?
6. Who can you encourage this week with the hope found in this passage?